**Sports Day Skills – Foundation Stage**

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| **Sports Day** |
| I can sprint in a straight line while looking forward, moving my arms & legs correctly to help me sprint |
| I can balance a wooden egg on a spoon, showing good control & coordination while travelling |
| I can jump from 2 feet to land on 2 feet, using my arms & legs effectively to jump as far as possible |
| I can throw underarm & overarm with some accuracy towards a target |
| I can stay in my sack, jumping and staying in my lane to the finish line |
| I can hurdle over obstacles, moving equipment between hoops/nets |